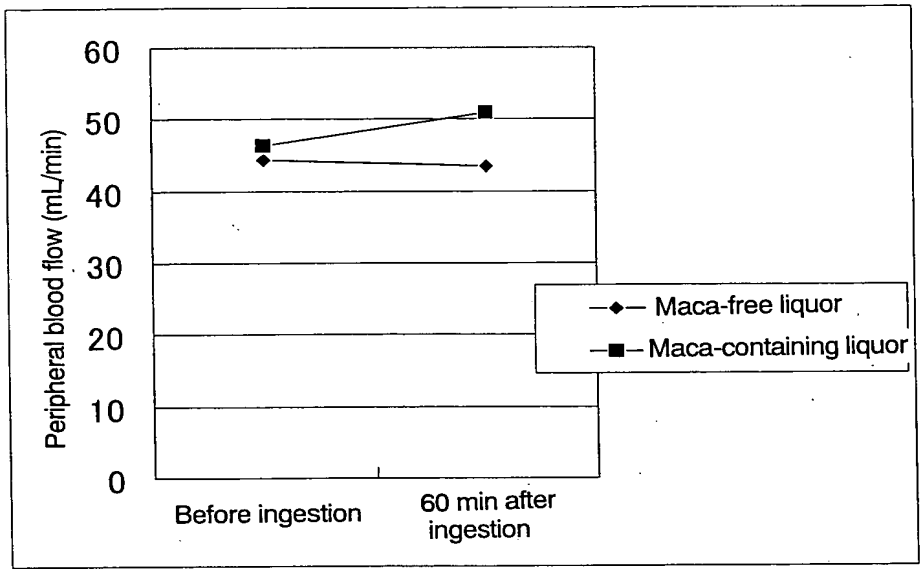
Fig. 1


60
50
40
30
20
10
0
Peripheral blood flow (mL/min)
Before ingestion
60 min after ingestion
Maca-free liquor
Maca-containing liquor